

## **Abstract**

### **Name:**

Didactics of jumps from a small trampoline in the competition TeamGym

### **Characteristics:**

The teoretical part deals with concepts related to gymnastice, history and the division of gymnastics, mainly gymnastic sport TeamGym. The main discipline that deals with this work is the small trampoline. There is also defined a preparation for handling jumps from a small trampoline, stimulation of motor skills and their division, the technique of motion and general didactic principles.

The main goal of the practical part is to design a didactic program for handling selected jumps from a small trampoline. The design is based on a kinematic analysis of selected jumps, literary research and your own experience. These are the basic jumps: the forward tuck, the forward pike, the forward straight and the forward double tuck.

The kinematic analysis, the observation method and video recordings were used to fulfill the objectives and tasks.

The conclusion of the bachelor work contains a summary of the whole issue and evaluation of the use of didactic program for the training units of jumps from a small trampoline. Further research directions are also indicated in the thesis.

### **Keywords:**

Gymnastics, TeamGym, Small Trampoline, Didactics, Technics, Jumps, Elements, Biomechanical analysis.